

# October 2021 Group X Schedule

## Monday

Time	Class	Instructor
7:30am	Yoga Flow	Sharon (45m) *GF
8:30am	Beginner Ballet/Barre	Debra (45m) *GF
8:30am	Hydro Fit	Mel (45m) *P
9:15am	Aqua Fitness	Megan (45m) *P
9:30am	Cycle	Mel (45m) *C
9:30am	Silver Sneakers	Debra F. (45m) *FH
10:30am	Chair Yoga	Linda (45m) *CH
10:15am	TRX	Megan (45m) *GF
10:30am	Line Dance	Denise (45m) *FH
5:30pm	Group Cycle	Bridgett (45m) *C

## Tuesday

Time	Class	Instructor
7:30am	Yoga Barre	Sharon (45m) *GF
8:30am	Yoga Tone	Sharon (45m) *GF
8:30am	Aqua Strength & Stretch	Mel (45m) *P
9:15am	Aqua Tabata	Genevieve (45) *P
9:30am	Strength, Stretch & Tone	Mel (45m) * GF
10:30am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Body Fit	Sadee (45m) *GF *GF
5:30pm	Group Cycle	Sadee (45m)
5:30pm	Aqua Zumba	Genevieve (45m) * GF
6:30pm	Aqua Tabata	Genevieve (45m) *P

## Wednesday

Time	Class	Instructor
7:30am	Express Muscle/Core	Debbie (45m) *GF
8:20am	Barre-Pilates	Debbie (45m) *GF
8:30am	Yoga Splash	Mel (45m) *P
9:15am	Aqua HIIT	Megan (45m) *P
9:10am	Yoga	Debbie (45m) *GF
9:15am	Group Cycle	Mel (1hr) *C
9:30am	Silver Sneakers	Debra (45m) *FH
10:15am	TRX (7 students)	Megan (45m) *GF
10:30am	Chair Yoga	Linda (45m) *CH

## Thursday

Time	Class	Instructor
7:30am	Yoga Fusion	Sharon (45m) *GF
8:30am	Aqua FIT	Genevieve (45m) *P
8:30am	Yoga	Sharon (45m) *GF
9:15am	Aqua FIT	Genevieve (45m) *P
9:15am	Zumba	Debra (45m) *GF
9:30am	Line Dance	Denise (45m) *FH
10:15am	Beginner Line Dance	Denise (45m) *FH
4:30pm	Body Fit	Sadee (45m) *GF

# October 2021 Group X Schedule

Friday		
Time	Class	Instructor
7:30am-8:25am	Strength & Balance	Debbie (55m) *GF
8:30am-9:00am	Pilates Core & Legs	Debbie (30m) *GF
8:30am	Hydro HIIT	Megan (45m) *P
9:10am	Yoga	Debbie (55m*GF)
9:15am	Cycle Fly/Flow	Mel (1hr) * C
9:15am	Aqua Fit	Genevieve (45m) *P
9:30am	Silver Sneakers	Debra F.(45m) *FH
10:30am	Yoga	Mel (45m) *GF
10:30am	Chair Yoga	Linda (45m) *CH

*Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. (Proverbs 3:5-6)*

\*P (Pool) \*GF (Group Fitness) \*C (Cycle) \*CH(Chapel)  
 \*FH (Fellowship Hall) Yellow (New Class or time change)  
 \*G (Gym) \*P (pool) \*O (outside)\*FC (Fitness Center) SS Silver Sneakers

**Classes in yellow are a new class or new instructor.**

**Saturday Oct. 23<sup>rd</sup> Fall Strength and Cardio w/ Bridgett.**

**8:45am Strength class followed by 9:45am Pedal on the Patio (Cycle class outside).**

Saturday		
Time	Class & Date	Instructor
8:45am	Body by Bridgett	Bridgett (45m) *GF
9:45am	Yoga 10/9	Debbie (45m) *GF
	Yoga 10/2 & 16	Linda (45m) *CH
9:45am	Pedal on the Patio	Bridgett (45m) Fellowship Hall Patio

Join us, Friday October 29<sup>th</sup> Costume Spin Party 9:15am. Dress up and have some fun!!



**KROC**  
 MS GULF COAST